

2009 SOUTH AFRICAN JUNIOR AND YOUTH LISTS

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Under 20: Athletes 19 and 18 years old (born in 1990 & 1991) (JUNIORS)

Under 18 Athletes 17 and 16 years old (born in 1992 & 1993) (YOUTHS)

MEN

100 metres

Under 20

| | | | | | | | |
|-------|-----|-------------------|-----|----------|-----|----------------------|--------|
| 10.38 | 1.4 | Waide Jooste | CG | 24-07-91 | 1h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.39 | 1.4 | Ethan Floris | BO | 15-04-90 | 2h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.45 | 0.5 | Patrick Vosloo | VT | 02-05-90 | 1s2 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.47 | 1.4 | Brent Stevens | WP | 27-03-90 | 1s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.63 | 1.4 | HW Stapelberg | BOR | 25-02-91 | 2s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.64 | 1.4 | Pieter Oosthuizen | KZ | 13-05-90 | 3s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.65 | 1.5 | Vincent Mpapane | MP | 21-02-91 | 2s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.66 | 1.4 | Clearance Khumalo | MP | 16-11-91 | 1h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.67 | 1.4 | Zipho Peta | CN | | 4s3 | Pretoria (Absa-Tuks) | 27-Mar |
| 10.68 | 1.5 | Magomotsi Sekaba | FS | 16-02-90 | 2s1 | Pretoria (Absa-Tuks) | 27-Mar |

Wind

| | | | | | | | |
|-------|-----|-------------------|----|--|-----|----------------------|--------|
| 10.58 | 2.2 | Tsepo Ghotsokoane | FS | | 1h3 | Pretoria (Absa-Tuks) | 27-Mar |
|-------|-----|-------------------|----|--|-----|----------------------|--------|

200 metres

Under 20

| | | | | | | | |
|-------|------|---------------------|-----|----------|-----|----------------------|--------|
| 21.09 | -1.5 | Patrick Vosloo | VT | 02-05-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.24 | -1.5 | Brent Stevens | WP | 27-03-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.46 | 1.7 | Dean Swart | BO | 04-04-91 | 2s2 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.79 | 0.9 | Apelele Rasmeni | EC | 15-04-91 | 1h1 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.80 | 1.5 | Waide Jooste | CG | 24-07-91 | 1h7 | Pretoria (Absa-Tuks) | 27-Mar |
| 21.83 | 1.0 | HW Stapelberg | BOR | 25-02-91 | 1 | Bloemfontein | 24-Oct |
| 21.88 | 1.2 | Clearance Khumalo | MP | | 2s1 | Pretoria (Absa-Tuks) | 28-Mar |
| 21.98 | 1.7 | Curt Ruiters | WC | 01-09-91 | 3s2 | Pretoria (Absa-Tuks) | 28-Mar |
| 22.14 | 1.3 | Manfred Titus | GW | | 2h4 | Pretoria (Absa-Tuks) | 28-Mar |
| 22.18 | 1.3 | Thapelo Ketlogetswe | CG | 12-02-91 | 2h3 | Pretoria (Absa-Tuks) | 28-Mar |

NWI

| | | | | | | | |
|-------|--|--------------|----|----------|---|------------|--------|
| 21.57 | | Waide Jooste | CG | 24-07-91 | 2 | Roodepoort | 21-Mar |
|-------|--|--------------|----|----------|---|------------|--------|

Wind

| | | | | | | | |
|-------|-----|---------------|-----|----------|-----|----------------------|--------|
| 21.61 | 2.2 | Ethan Floris | BO | 15-04-90 | 1s3 | Stellenbosch | 04-Apr |
| 21.73 | 2.4 | HW Stapelberg | BOR | 25-02-91 | 1s3 | Pretoria (Absa-Tuks) | 28-Mar |

400 metres

Under 20

| | | | | | | | |
|-------|--|---------------------|-----|----------|-----|----------------------|--------|
| 46.93 | | Thapelo Ketlogetswe | CG | 12-02-91 | 1r2 | Germiston | 06-Mar |
| 47.04 | | Pieter Marx | FS | 24-01-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 47.37 | | Shaun de Jager | BOL | 28-06-91 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 47.68 | | Thomas Jonda | FS | 21-06-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 48.47 | | Lonwabo Majorman | BOR | | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 48.70 | | Armand Fourie | GN | 18-02-91 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 48.72 | | Altus Kotze | GN | | 3s2 | Pretoria (Absa-Tuks) | 27-Mar |

| | | | | | | |
|-------|--------------------|-----|----------|-----|----------------------|--------|
| 48.73 | Donald Mokwena | GN | | 1s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 49.38 | Divan Raubenheimer | CG | 29-05-91 | 3s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 49.46 | Ryno de Lange | LIM | 02-12-91 | 6 | Durban | 06-Apr |

800 metres

Under 20

| | | | | | | |
|---------|-------------------|----|----------|----|----------------------|--------|
| 1:49.32 | William Mothosola | FS | 31-03-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:49.40 | Retlale Mokone | FS | 01-02-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:50.14 | Andrew Roodt | CG | 28-08-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:50.54 | Marnus Koekemoer | GN | 03-01-90 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:50.62 | Hannes Naude | FS | 14-03-90 | 10 | Stellenbosch | 14-Mar |
| 1:51.1 | Folavio Sehohle | CG | 14-10-90 | 1 | Naboomspruit | 16-Oct |
| 1:51.2 | Jerry Motsau | CG | 12-03-90 | 2 | Naboomspruit | 16-Oct |
| 1:51.23 | Michael du Toit | CG | 09-03-91 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:51.26 | Werner du Toit | CG | 24-09-90 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:51.6 | Henk Beukes | CG | 06-02-90 | 1 | Germiston | 21-Feb |

1500 metres

Under 20

| | | | | | | |
|---------|-----------------|-----|----------|-----|----------------------|--------|
| 3:42.62 | Windy Jonas | FS | 11-03-90 | 5h2 | Stellenbosch | 13-Mar |
| 3:45.8 | Folavio Sehohle | VT | 14-10-90 | 1 | Naboomspruit | 16-Oct |
| 3:46.4 | Jerry Motsau | CG | 12-03-90 | 2 | Naboomspruit | 16-Oct |
| 3:49.55 | Retlale Mokone | FS | 01-02-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 3:54.01 | Thoriso Ratsela | CG | 13-08-90 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 3:55.02 | John Thipe | MP | | 3 | Durban | 06-Apr |
| 3:55.55 | Jerry Motsau | CG | 12-03-90 | 4 | Durban | 06-Apr |
| 3:57.15 | Anele Faku | TRA | 05-11-91 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 3:57.80 | P Wildbees | | | 3 | Naboomspruit | 16-Oct |
| 4:00.87 | Bheki Nkosi | MP | 26-02-90 | 6 | Durban | 06-Apr |

5000 metres

Under 20

| | | | | | | |
|----------|-------------------|-----|----------|---|----------------------|--------|
| 14:21.52 | Folavio Sehohle | FS | 14-10-90 | 1 | Durban | 07-Apr |
| 14:28.33 | Joel Mmone | CNW | 29-03-91 | 2 | Durban | 07-Apr |
| 14:37.05 | John Thipe | MP | | 3 | Durban | 07-Apr |
| 14:40.46 | Collin Malaudzi | LIM | | 4 | Durban | 07-Apr |
| 14:48.19 | Sityhilo Diko | EC | 10-09-91 | 5 | Durban | 07-Apr |
| 14:48.32 | Xolani Mngomezulu | MP | | 6 | Durban | 07-Apr |
| 14:54.72 | Thoriso Ratsela | CG | 13-08-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 14:55.29 | Thobane Ghagwe | KZ | 04-08-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 15:04.81 | Anele Faku | TRA | 05-11-91 | 7 | Durban | 07-Apr |
| 15:04.96 | Abel Shabalala | FS | 06-05-90 | 8 | Durban | 07-Apr |

10 000 metres

Under 20

| | | | | | | |
|----------|-------------------|----|----------|---|----------------------|--------|
| 31:15.92 | Senzo Nkosi | KZ | 03-03-90 | 6 | Bambous | 31-Jul |
| 32:25.65 | Thobane Chagwe | KZ | 04-08-91 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 32:46.58 | Nhlanhla Sithole | CG | | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 33:18.67 | Valentine Maphisa | FS | 14-02-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 33:40.03 | Thato Malabtsi | CG | | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 39:04.99 | Bennet Molale | CG | | 6 | Pretoria (Absa-Tuks) | 27-Mar |

3000 metres steplechase

Under 20

| | | | | | | | | |
|---------|--|-------------------|-----|----------|---|--|--------------|--------|
| 9:05.82 | | William Mothosala | FS | 31-03-90 | 1 | | Durban | 07-Apr |
| 9:08.24 | | Lucas Bothobutle | CN | 01-01-91 | 2 | | Durban | 07-Apr |
| 9:11.00 | | Ratlale Mokone | FS | 02-01-91 | 1 | | Bloemfontein | 13-Feb |
| 9:19.46 | | Thabiso Letaka | FS | 08-06-90 | 3 | | Durban | 07-Apr |
| 9:29.41 | | Sprinkaan Simons | FS | 09-04-90 | 3 | | Bloemfontein | 13-Feb |
| 9:34.17 | | Ruan Aspeling | NW | | 5 | | Durban | 07-Apr |
| 9:37.53 | | Samuel Setleelo | CNW | 27-01-90 | 6 | | Durban | 07-Apr |
| 9:45.14 | | Simon Makaties | NC | 27-02-90 | 7 | | Durban | 07-Apr |
| 9:47.40 | | Sifisiso Mncwango | CG | 26-01-91 | 1 | | Roodepoort | 21-Mar |

110 metres hurdles**Under 20 (99.5 cm)**

| | | | | | | | |
|-------|------|-------------------|-----|----------|-----|----------------------|--------|
| 13.91 | -0.3 | Cornel Fredericks | BO | 03-03-90 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.05 | -0.3 | Kobus Moolman | GN | 08-01-91 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.18 | -0.3 | Gary Morris | BOL | 08-01-90 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.24 | -0.3 | Francois Vermaak | MP | 20-01-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.44 | 1.1 | Werner Joubert | GN | 06-01-91 | 1h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.54 | -0.3 | Eduan Nel | CG | 20-12-90 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.61 | -0.3 | Ian Schoonwinkel | NW | 18-06-91 | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.62 | 1.1 | Pieter Koch | GN | | 2h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.81 | 1.1 | Francois Retief | BO | 30-01-91 | 3h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.82 | -0.3 | Ruaan van Wyk | BO | 04-12-91 | 8 | Pretoria (Absa-Tuks) | 27-Mar |

Wind

| | | | | | | | |
|-------|-----|-----------------------|----|----------|-----|----------------------|--------|
| 14.23 | 2.8 | Ian Schoonwinkel | NW | 18-06-91 | 2h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.36 | 2.8 | Eduan Nel | CG | 20-12-90 | 3h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.57 | nwi | Christiaan Oberholzer | VT | 04-03-91 | 3 | Roodepoort | 21-Mar |

NWI

| | | | | | | | |
|-------|-----|-----------------------|-----|----------|-----|----------------------|--------|
| 14.43 | 2.2 | Ruaan van Wyk | WC | 04-12-91 | 2h3 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.45 | 2.3 | Drikus Viljoen | BO | 19-04-91 | 2h4 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.52 | 2.8 | Ockert Groenewald | LIM | 19-09-91 | 4h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.54 | 2.4 | Rohan du Toit | EP | | 2h5 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.57 | 2.4 | Leboni Mkatini | CG | | 3h5 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.62 | 2.4 | Christiaan Oberholzer | VT | 04-03-91 | 4h5 | Pretoria (Absa-Tuks) | 27-Mar |
| 14.63 | 2.8 | Edu Steyn | CN | | 5h1 | Pretoria (Absa-Tuks) | 27-Mar |

400 metres hurdles**Under 20 (91.4 cm)**

| | | | | | | | |
|-------|--|-------------------|-----|----------|-----|----------------------|--------|
| 49.93 | | Cornel Fredericks | BO | 03-03-90 | 4 | Belgrade | 10-Jul |
| 51.23 | | Neil de Beer | GN | 27-11-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 51.97 | | Thabiso Kekana | KZ | 21-01-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 52.55 | | Albert Mans | GN | | 1 | Johannesburg | 21-Feb |
| 53.28 | | Neil le Roux | BO | 22-03-90 | 3h2 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.43 | | Godwin van Vuuren | CG | | 1h3 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.47 | | Ockert Groenewald | LIM | 19-09-91 | 3 | Durban | 07-Apr |
| 53.67 | | Pieter Marx | FS | 24-01-91 | 4 | Durban | 07-Apr |
| 53.71 | | PC Beneke | FS | 18-07-90 | 2h1 | Pretoria (Absa-Tuks) | 28-Mar |
| 53.95 | | Jurie Moolman | GN | 08-01-91 | 2 | Roodepoort | 21-Mar |

High jump**Under 20**

| | | | | | | | |
|------|--|---------------|----|----------|---|----------------------|--------|
| 2.15 | | Ruan Claassen | VT | 26-03-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 2.10 | | Willem Voigt | CN | 21-02-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |

| | | | | | | | | |
|------|--|------------------|----|----------|----|--|----------------------|--------|
| 2.10 | | Keagan Fourie | SW | 07-09-91 | 2 | | Oudtshoorn | 18-Dec |
| 2.05 | | Heinrich Kuhn | WP | 22-01-91 | 1 | | Paarl | 21-Mar |
| 2.05 | | Pieter Streicher | MP | 07-02-90 | 3 | | Pretoria (Absa-Tuks) | 28-Mar |
| 2.03 | | Robert Hill | CG | 15-01-91 | 1 | | Johannesburg | 21-Feb |
| 2.00 | | Wouter Faurie | GN | 08-10-91 | 4 | | Pretoria (Absa-Tuks) | 28-Mar |
| 2.00 | | Muntingh Hamman | GN | 07-03-90 | 5 | | Pretoria (Absa-Tuks) | 28-Mar |
| 2.00 | | Solomon Tauriri | CG | 13-12-90 | 5 | | Stellenbosch | 04-Apr |
| 2.00 | | Steve Fourie | EC | 26-02-91 | 2q | | Durban | 07-Apr |

Pole vault

Under 20

| | | | | | | | | |
|------|--|--------------------|----|----------|---|--|----------------------|--------|
| 5.30 | | Cheyne Rahme | CG | 23-01-91 | 1 | | Bambous | 01-Aug |
| 4.71 | | Christian Norman | BO | 16-05-91 | 1 | | Bloemfontein | 16-Feb |
| 4.70 | | Ruaan van Wyk | BO | 04-12-91 | 4 | | Stellenbosch | 13-Mar |
| 4.70 | | Eben Beukes | CG | 09-03-90 | 1 | | Stellenbosch | 03-Apr |
| 4.50 | | Sebastiaan Wessels | FS | 23-01-91 | 2 | | Bloemfontein | 16-Feb |
| 4.20 | | Francois Burger | BO | 11-01-90 | 5 | | Stellenbosch | 27-Feb |
| 4.10 | | Jan-Louis Nienaber | BO | 27-01-90 | 6 | | Pretoria (Absa-Tuks) | 27-Mar |
| 4.00 | | Phillip Oosthuizen | FS | 06-09-91 | 5 | | Bloemfontein | 09-Feb |
| 4.00 | | Heinrich Odendaal | FS | 28-01-91 | 3 | | Bloemfontein | 16-Feb |
| 3.80 | | Henno Furstenburg | FS | 04-12-91 | 4 | | Bloemfontein | 16-Feb |
| 3.80 | | Stefan Jordaan | FS | 13-05-91 | 3 | | Durban | 06-Apr |

Long jump

Under 20

| | | | | | | | | |
|------|------|-----------------|-----|----------|-----|--|----------------------|--------|
| 7.65 | 1.9 | Luvo Maniyonga | BO | 18-11-91 | 1 | | Gaborone | 30-May |
| 7.54 | 1.6 | Dylan Cotter | CG | 23-08-91 | 1q1 | | Pretoria (Absa-Tuks) | 27-Mar |
| 7.15 | 0.2 | Banile Manikela | MP | 06-05-91 | 1 | | Durban | 06-Apr |
| 6.94 | 1.2 | Edwill Okkers | WC | 15-07-91 | 2 | | Durban | 06-Apr |
| 6.83 | -0.2 | Rushwahl Samaai | BO | 25-09-91 | 3 | | Pretoria (Absa-Tuks) | 27-Mar |
| 6.82 | -0.5 | Sibulele Minya | BOR | | 4 | | Pretoria (Absa-Tuks) | 27-Mar |
| 6.79 | -0.2 | Brian Mashigo | MP | 17-08-91 | 5 | | Pretoria (Absa-Tuks) | 27-Mar |
| 6.75 | -0.1 | Wiaan Fourie | FS | 09-02-91 | 6 | | Pretoria (Absa-Tuks) | 27-Mar |

NWI

| | | | | | | | | |
|------|--|----------------|----|----------|---|--|------------|--------|
| 6.88 | | Richard King | | | 1 | | Roodepoort | 11-Feb |
| 6.85 | | K Masiye | CG | 11-02-91 | 1 | | Roodepoort | 21-Mar |
| 6.82 | | Sheldon Jacobs | GN | 02-03-91 | 2 | | Roodepoort | 21-Mar |

Wind

| | | | | | | | | |
|------|-----|--------------|----|----------|---|--|---------|--------|
| 7.47 | 2.1 | Dylan Cotter | CG | 23-08-91 | 4 | | Bambous | 30-Jul |
|------|-----|--------------|----|----------|---|--|---------|--------|

Triple jump

Under 20

| | | | | | | | | |
|-------|------|----------------------|----|----------|---|--|----------------------|--------|
| 16.07 | 0.0 | Boipelo Motlhathlego | GN | 27-11-90 | 1 | | Pretoria (Absa-Tuks) | 28-Mar |
| 15.67 | 0.8 | Apelele Rasmeni | EC | 15-04-91 | 1 | | Durban | 07-Apr |
| 15.55 | 1.4 | Luvo Maniyonga | BO | 18-11-91 | 2 | | Stellenbosch | 14-Mar |
| 15.36 | 0.3 | Dylon Cotter | CG | 23-08-91 | 1 | | Germiston | 28-Feb |
| 15.17 | 0.4 | Reneilwe Aphone | GN | 24-08-90 | 3 | | Germiston | 06-Mar |
| 14.95 | -0.4 | Neo Marie | CG | 05-08-90 | 1 | | Pretoria | 31-Oct |
| 14.48 | 0.0 | Christiaan Lombard | FS | 29-03-91 | 1 | | Bloemfontein | 14-Feb |
| 14.38 | -0.3 | Rushwahl Samaai | BO | 25-09-91 | 1 | | Bloemfontein | 16-Feb |
| 14.35 | 0.4 | Marcelle Jonkerman | EP | 16-05-90 | 5 | | Pretoria (Absa-Tuks) | 28-Mar |

Shot

Under 20 (6 kg)

| | | | | | | |
|-------|------------------|----|----------|---|----------------------|--------|
| 18.68 | Stephan Brink | NW | 11-09-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 17.82 | Ryno van Winkel | CG | 22-02-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 16.09 | Jayson Smith | NW | 12-05-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 16.08 | Schalk Mostert | BO | | 1 | Paarl | 21-Mar |
| 15.80 | Werner Hugo | VT | 19-02-90 | 1 | Roodepoort | 21-Mar |
| 15.77 | Adam van Heerden | BO | | 1 | Durban | 07-Apr |
| 15.75 | Thys van Wyk | FS | 27-02-90 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 15.43 | Russel Tucker | CG | | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 15.22 | Estiaan Klem | VT | 29-01-91 | 1 | Roodepoort | 11-Feb |
| 15.07 | Jason Erasmus | CG | 03-06-91 | 2 | Roodepoort | 21-Mar |

Discus**Under 20 (1.75 kg)**

| | | | | | | |
|-------|--------------------|----|----------|---|----------------------|--------|
| 58.91 | Dewald van Heerden | CG | 04-04-91 | 1 | Bambous | 02-Aug |
| 53.58 | Leon Verster | GN | 02-07-90 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 48.76 | Jayson Smith | NW | 12-05-90 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 48.50 | Ryno van Winkel | CG | 22-02-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 47.05 | Russel Tucker | CG | | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 47.01 | Ruan Murrey | NW | | 2 | Durban | 07-Apr |
| 46.98 | Ricus Roux | FS | 16-02-90 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 46.64 | Jaco Havenga | CG | | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 45.97 | Basie Jordaan | CG | 22-10-91 | 3 | Durban | 07-Apr |
| 45.72 | Adam van Heerden | BO | | 4 | Durban | 07-Apr |

Hammer Throw**Under 20 (6 kg)**

| | | | | | | |
|-------|----------------------|-----|----------|---|----------------------|--------|
| 64.28 | Micqel le Roux | WP | 26-03-90 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 60.55 | Lodewalt Venter | EC | 22-07-91 | 1 | Bloemfontein | 24-Oct |
| 58.53 | Gideon de Villiers | EP | 26-09-91 | 2 | Bloemfontein | 24-Oct |
| 55.93 | TJB van Niekerk | NW | 04-01-91 | 2 | Durban | 07-Apr |
| 51.01 | Phillip Marx | SWD | 17-01-91 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 49.82 | Vincent van Rensburg | GN | 07-09-90 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 49.58 | Luan Retief | BOL | 29-12-91 | 1 | Paarl | 21-Mar |
| 48.55 | Rudolf Roodt | FS | 04-06-91 | 1 | Bloemfontein | 13-Feb |
| 48.22 | Spyker Serfontein | FS | 08-03-91 | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 48.15 | Eghard Basson | EC | | 5 | Durban | 07-Apr |

JAVELIN**Under 20 (800 g)**

| | | | | | | |
|-------|--------------------|----|----------|---|----------------------|--------|
| 78.58 | Ulrich Damon | WP | 23-10-90 | 1 | Potchefstroom | 13-Oct |
| 67.40 | Rocco van Rooyen | WP | 23-12-92 | 3 | Stellenbosch | 11-Dec |
| 66.78 | Charl Willemse | FS | 04-02-91 | 1 | Bloemfontein | 16-Feb |
| 65.59 | Rudo Klopper | FS | 17-09-90 | 4 | Potchefstroom | 07-Oct |
| 65.24 | Steyn Kriel | CN | 18-04-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 64.05 | Jason Henning | GN | 13-08-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 61.90 | Alex Jacobs | GN | | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 60.98 | Daniel Zimmerman | NW | 18-11-91 | 1 | Durban | 06-Apr |
| 59.98 | Russel Tucker | CG | 11-04-90 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 59.77 | Jonathan Crichton | CG | | 1 | Roodepoort | 21-Mar |
| 58.10 | Renier de Villiers | MP | 25-09-91 | 4 | Durban | 06-Apr |

Decathlon

Under 20

| | | | | | | |
|-------|---|----|----------|---|---------|---------|
| 6 400 | Gert Swanepoel | CN | 20-03-91 | 1 | Bambous | 30-31/7 |
| | 11.53 (-1.0), 6.31 (0.1), 10.89, 1.74, 49.64; 15.18 (1.69), 3.30, 45.48, 4:28.75 | | | | | |
| 6 359 | Willem le Roux | BO | 11-06-90 | 2 | Bambous | 30-31/7 |
| | 11.77 (-1.0), 6.40 (0.9), 13.59, 1.83, 54.03; 17.85 (-0.7), 34.35, 3.80, 58.49, 4:48.86 | | | | | |

Wind assisted

| | | | | | | |
|-------|---|----|--|---|----------------------|---------|
| 6 660 | Le Roux | | | 1 | Pretoria (Absa-Tuks) | 27-28/3 |
| | 11.65 (2.2), 6.60 (8.1), 13.13, 1.85, 51.36; 16.12 (0.3), 36.33, 3.60, 57.40, 4:52.38 | | | | | |
| 5 977 | Nardus Greyling | FS | | 3 | Pretoria (Absa-Tuks) | 27-28/3 |
| | 11.33 (2.2), 6.01 (6.5), 11.23, 1.70, 51.59; 15.39 (0.3), 30.11, 3.30, 43.78, 5:00.88 | | | | | |
| 5 530 | Ruan van Zyl | CN | | 4 | Pretoria (Absa-Tuks) | 27-28/3 |
| | 11,71 (2.2), 6.05 (6.7), 10.82, 1.73, 53.07; 15.54 (0.3), 31.13, xxx, 50.88, 4:58.66 | | | | | |
| 5 028 | Heino Furstenburg | VS | | 5 | Pretoria (Absa-Tuks) | 27-28/3 |
| | 11.75 (2.2), 5.88 (7.8), 8.45, 1.40, 53.70; 16.78 (0.3), 36.76, 3.90, 39.61, 5:44.73) | | | | | |

4 x 100 metres relay**Under 20**

| | | | | | | |
|-------|------------------|--|--|---|----------------------|--------|
| 41.18 | Boland A | | | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 41.20 | Western Cape | | | 1 | Durban | 07-Apr |
| 41.33 | SA Jnr Team | | | 2 | Bambous | 01-Aug |
| 41.66 | Free State | | | 2 | Durban | 07-Apr |
| 42.10 | Mpumalanga | | | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.16 | Free State | | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.56 | Border A | | | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.76 | Eastern Cape | | | 3 | Durban | 07-Apr |
| 42.88 | Gauteng North | | | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.99 | Western Province | | | 6 | Pretoria (Absa-Tuks) | 28-Mar |

4 x 400 metres relay**Under 20**

| | | | | | | |
|---------|-----------------|--|--|---|----------------------|--------|
| 3:11.93 | Boland | | | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:12.84 | Gauteng | | | 1 | Durban | 07-Apr |
| 3:13.95 | SA Jnr Team | | | 2 | Bambous | 02-Aug |
| 3:14.10 | Free State | | | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:14.64 | Western Cape | | | 2 | Durban | 07-Apr |
| 3:15.68 | Gauteng North | | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:16.61 | Free State | | | 3 | Durban | 07-Apr |
| 3:19.60 | Central Gauteng | | | 4 | Pretoria (Absa-Tuks) | 28-Apr |
| 3:20.30 | Mpumalanga | | | 4 | Durban | 07-Apr |
| 3:21.57 | Kwazulu Natal | | | 5 | Pretoria (Absa-Tuks) | 28-Mar |

5000 metres walk**Under 20**

| | | | | | | |
|----------|---------------|----|----------|---|-----------|--------|
| 21:38.24 | Dewald Bekker | GN | 15-03-90 | 2 | Germiston | 06-Mar |
|----------|---------------|----|----------|---|-----------|--------|

10000 metres walk**Under 20**

| | | | | | | |
|----------|------------------|----|----------|---|----------------------|--------|
| 45:55.70 | Dewald Bekker | GN | 15-03-90 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 47:14.6 | Armond Nel | WP | 20-08-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 50:45.60 | Jacques Faurie | NW | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 1h 03.0 | Hebrew Morgendal | WC | 22-09-91 | 2 | Durban | 07-Apr |
| 1h 16.0 | Johannes Ngonela | FS | 03-11-91 | 3 | Durban | 07-Apr |

20 km Road Walk**Under 20**

| | | | | | | | | |
|----------|--|------------|----|----------|---|--|-----------|--------|
| 01:41:15 | | Armond Nel | WP | 20-08-90 | 2 | | Bellville | 21-Feb |
|----------|--|------------|----|----------|---|--|-----------|--------|

WOMEN**100 metres****Under 20**

| | | | | | | | |
|-------|------|-------------------|----|----------|-----|----------------------|--------|
| 11.89 | -0.5 | Melissa Hewitt | BO | 20-05-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 11.92 | 0.5 | Alyssa Conley | CG | 27-04-91 | 1s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.05 | 1.8 | Arlene Gowar | EP | 26-08-91 | 1h5 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.15 | 0.5 | Celeste Rietels | WP | 14-01-90 | 2s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.24 | 0.5 | Zaskia Struwig | EP | 21-07-91 | 3s1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.26 | 0.8 | Rorisang Ramonnye | CN | 31-12-90 | 2h2 | Pretoria (Absa-Tuks) | 14-Feb |
| 12.27 | 0.7 | Lynette Morgan | WP | 19-11-91 | 2s2 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.32 | 1.3 | Elzaan Lynch | KZ | 29-10-91 | 3h2 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.37 | 1.2 | Cherie Strydom | FS | 08-01-91 | 1h4 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.38 | 0.7 | Jeanine Pieterse | NW | | 3s2 | Pretoria (Absa-Tuks) | 27-Mar |

Wind

| | | | | | | | |
|-------|-----|-----------------|----|----------|-----|----------------------|--------|
| 11.81 | 3.2 | Alyssa Conley | CG | 27-04-91 | 1h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.03 | 3.2 | Zaskia Struwig | EP | 21-07-91 | 2h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.18 | 3.2 | Lynette Morgan | WP | 19-11-91 | 3h1 | Pretoria (Absa-Tuks) | 27-Mar |
| 12.22 | 2.8 | Imgard Bensusan | CG | 24-01-91 | 4 | Germiston | 14-Feb |

Hand

| | | | | | | | |
|------|-----|---------------|----|----------|---|-----------|--------|
| 11.6 | nwi | Alyssa Conley | CG | 27-04-91 | 1 | Germiston | 21-Feb |
|------|-----|---------------|----|----------|---|-----------|--------|

200 metres**Under 20**

| | | | | | | | |
|-------|------|-------------------|----|----------|---|----------------------|--------|
| 24.36 | 0.3 | Alyssa Conley | CG | 27-04-91 | 3 | Stellenbosch | 04-Apr |
| 24.60 | -1.1 | Rorisang Ramonnye | CN | 31-12-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 24.68 | -1.1 | Melissa Hewitt | BO | 20-05-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 24.83 | -0.5 | Anneri Ebersohn | FS | 09-08-90 | 2 | Pretoria (Absa-Tuks) | 30-Jan |
| 24.98 | -1.1 | Arlene Gowar | EC | 26-08-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 25.16 | 0.6 | Sharon Pattison | NW | 04-08-91 | 2 | Durban | 07-Apr |
| 25.28 | -1.1 | Lynette Morgan | WP | 19-11-91 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 25.33 | -1.1 | Elzette Louw | WP | 22-06-91 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 25.39 | -1.1 | Monique Vosloo | CG | 26-08-91 | 7 | Pretoria (Absa-Tuks) | 28-Mar |
| 25.43 | 0.6 | Ansulet Potgieter | FS | 27-04-91 | 4 | Durban | 07-Apr |

NWI

| | | | | | | | |
|-------|--|-----------------|----|----------|---|------------|--------|
| 24.12 | | Imgard Bensusan | CG | 24-01-91 | 1 | Roodepoort | 21-Mar |
|-------|--|-----------------|----|----------|---|------------|--------|

Hand

| | | | | | | | |
|------|-----|-------------------|----|----------|---|------------|--------|
| 24.5 | 0.2 | Rorisang Ramonnye | CN | 31-12-90 | 1 | Roodepoort | 10-Jan |
|------|-----|-------------------|----|----------|---|------------|--------|

400 metres**Under 20**

| | | | | | | | |
|-------|--|-------------------|----|----------|---|----------------------|--------|
| 54.54 | | Rorisang Ramonnye | NW | 03-11-90 | 5 | Stellenbosch | 14-Mar |
| 55.20 | | Anuschka Nice | CG | 26-08-91 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 55.77 | | Anneri Ebersohn | FS | 09-08-90 | 1 | Bloemfontein | 14-Feb |
| 55.96 | | Doné Vermaak | GN | 17-12-90 | 4 | Stellenbosch | 03-Apr |
| 56.78 | | Monique Vosloo | CG | 26-08-91 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 56.90 | | Lizeri Erasmus | GN | 19-05-91 | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 56.91 | | Janine Pieters | NW | | 2 | Durban | 07-Apr |

| | | | | | | |
|-------|-----------------|-----|----------|---|----------------------|--------|
| 57.25 | Ilse Liebenberg | BOL | 30-03-90 | 6 | Pretoria (Absa-Tuks) | 27-Mar |
| 57.51 | Elzette Louw | WP | 22-06-91 | 3 | Durban | 07-Apr |

Under 18

| | | | | | | |
|-------|---------------------|-----|----------|-----|----------------------|--------|
| 53.29 | Anri Steyn | CG | 30-09-93 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 53.72 | Justine Palframan | KZ | 04-11-93 | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 54.90 | Sonja van der Merwe | WP | 19-05-92 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 56.15 | Stephanie Wicksell | GN | 06-05-94 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 56.24 | Chanel Fourie | CG | 25-05-92 | 2 | Roodepoort | 21-Mar |
| 56.92 | Izelle Neuhoff | VT | 03-05-94 | 1h1 | Roodepoort | 21-Mar |
| 57.32 | Lea Steyn | EP | 23-05-92 | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 57.44 | Charlize Jonker | CG | 27-08-94 | 2 | Roodepoort | 21-Mar |
| 57.60 | Thato Makhofolo | CG | 10-04-94 | 1 | Germiston | 24-Jan |
| 57.89 | Suretha Muller | VT | 22-05-92 | 8 | Pretoria (Absa-Tuks) | 27-Mar |
| 57.89 | Liezel Scholtz | LIM | 20-02-95 | 1h2 | Durban | 07-Apr |

800 metres

Under 20

| | | | | | | |
|---------|-------------------|----|----------|---|----------------------|--------|
| 1:55.45 | Caster Semenya | GN | 07-01-91 | 1 | Berlin | 19-Aug |
| 2:05.17 | Anuschka Nice | CG | 26-08-91 | 3 | Germiston | 06-Mar |
| 2:07.36 | Doné Vermaak | GN | 17-12-90 | 2 | Stellenbosch | 27-Feb |
| 2:10.5 | Anelda Pypers | CG | 15-04-91 | 2 | Germiston | 28-Feb |
| 2:11.78 | Megan Williams | CG | 28-12-90 | 2 | Roodepoort | 21-Mar |
| 2:11.90 | Elandrie Drotsky | MP | 25-04-91 | 1 | Durban | 06-Apr |
| 2:14.66 | Natanya Luther | CG | 25-01-91 | 3 | Durban | 06-Apr |
| 2:16.92 | Matshediso Masedi | FS | 09-09-91 | 7 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:18.14 | Adri Meyer | WP | 07-04-91 | 8 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:18.95 | Mieke Grabe | NW | | 6 | Durban | 06-Apr |

Under 18

| | | | | | | |
|---------|--------------------|----|----------|-----|----------------------|--------|
| 2:09.61 | Felicia Mofokeng | FS | 14-10-94 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:10.29 | Masabata Motoane | GN | 31-01-93 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:10.30 | Happiness Mkhize | KZ | 15-12-92 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:10.90 | Anri Steyn | CG | 30-09-93 | 1 | Durban | 07-Apr |
| 2:11.00 | Marlise Jordaan | WP | 02-03-92 | 4 | Stellenbosch | 27-Feb |
| 2:11.26 | Rizani van Aswegen | VT | 16-06-92 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:11.76 | Lebohang Dlamini | FS | 01-10-93 | 3 | Durban | 07-Apr |
| 2:12.4 | Danelle Prinsloo | FS | 27-03-92 | 1h3 | Pretoria (Absa-Tuks) | 27-Mar |
| 2:13.12 | Lize-Ann Steyn | EP | 02-05-93 | 5 | Durban | 07-Apr |
| 2:13.13 | Annica Coetzee | EP | 10-02-92 | 4h2 | Pretoria (Absa-Tuks) | 28-Mar |
| 2:13.8 | Heleen Malan | BO | 04-12-92 | 2 | Paarl | 21-Mar |
| 2:13.8 | Elaine Smith | MP | 08-01-92 | 3h2 | Pretoria (Absa-Tuks) | 27-Mar |

1500 metres

xxxx

Under 20

| | | | | | | |
|---------|------------------|-----|----------|-----|----------------------|--------|
| 4:08.01 | Caster Semenya | LIM | 07-01-91 | 1 | Bambous | 02-Aug |
| 4:22.1 | Carlyn Fischer | GN | 27-09-90 | 1 | Pretoria (Absa-Tuks) | 21-Feb |
| 4:30.50 | Natanya Luther | KZ | 25-01-91 | 1h1 | Durban | 06-Apr |
| 4:31.08 | Anuschka Nice | CG | 26-08-91 | 1 | Johannesburg | 21-Feb |
| 4:32.0 | Anelda Pypers | CG | 15-04-91 | 1 | Germiston | 14-Feb |
| 4:36.17 | Carlyn Fischer | FS | 27-09-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 4:44.43 | Ashley Schnetler | CG | 02-06-91 | 2 | Durban | 07-Apr |
| 4:46.41 | Elene Lourens | BO | | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 4:47.16 | Estie Bester | GAU | 20-05-90 | 3 | Durban | 07-Apr |
| 4:49.18 | Relandi Liggett | CG | 04-06-91 | 4 | Durban | 07-Apr |

Under 18

| | | | | | | |
|---------|--------------------|-----|----------|---|----------------------|--------|
| 4:28.69 | Dominique Scott | BO | 23-04-93 | 6 | Stellenbosch | 14-Mar |
| 4:34.52 | Marlise Jordaan | WP | 02-03-92 | 1 | Bellville | 21-Feb |
| 4:36.50 | Mampielo Sibanda | CG | 05-02-93 | 1 | Pretoria (Absa-Tuks) | 27-Jan |
| 4:36.66 | Felicia Mofokeng | FS | 14-10-94 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 4:36.88 | Marinda Nel | GN | | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 4:36.90 | Sylvia Tsetlanyane | CG | 20-04-93 | 2 | Durban | 07-Apr |
| 4:37.6 | Lebohang Dlamini | FS | 01-10-93 | 3 | Durban | 06-Apr |
| 4:38.54 | Thato Makhafola | GAU | 10-04-94 | 2 | Durban | 08-Apr |
| 4:38.70 | Baby Mokone | FS | 20-02-93 | 4 | Durban | 07-Apr |
| 4:39.85 | Bianca van Niekerk | CG | 09-07-94 | 6 | Pretoria (Absa-Tuks) | 28-Mar |

3000 metres

Under 20

| | | | | | | |
|----------|---------------------|----|----------|---|----------------------|--------|
| 10:06.42 | Maxine Heine-Wacker | CG | 27-04-90 | 9 | Pretoria (Absa-Tuks) | 30-Jan |
|----------|---------------------|----|----------|---|----------------------|--------|

| | | | | | | |
|----------|-------------------|-----|----------|---|----------------------|--------|
| 10:10.5 | Carlyn Fischer | GN | 27-09-90 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 10:10.91 | Lusanda Bomvana | TR | 25-10-91 | 1 | Durban | 06-Apr |
| 10:11.23 | Alta Phiri | CN | 26-09-90 | 2 | Durban | 06-Apr |
| 10:15.99 | Mamolholo Dlamini | FS | 30-12-91 | 3 | Durban | 06-Apr |
| 10:16.50 | Ashley Schnetler | CG | 02-06-91 | 4 | Durban | 06-Apr |
| 10:28.1 | Nadia Hechter | CG | | 1 | Germiston | 21-Feb |
| 10:36.2 | Thineke Fourie | WP | 11-11-91 | 1 | Paarl | 21-Mar |
| 10:42.92 | Ramuelo Muhau | LIM | | 5 | Durban | 06-Apr |
| 10:46.45 | K Tlaikani | VT | | 1 | Roodepoort | 21-Mar |

Under 18

| | | | | | | |
|----------|--------------------|----|----------|---|----------------------|--------|
| 9:42.64 | Sylvia Tsetlanyane | CG | 20-04-93 | 1 | Durban | 07-Apr |
| 9:45.28 | Dominique Scott | BO | 23-04-93 | 2 | Durban | 07-Apr |
| 9:47.32 | Mampielo Sibanda | CG | 05-02-93 | 3 | Durban | 07-Apr |
| 9:52.33 | Baby Mokone | FS | 20-02-93 | 4 | Durban | 07-Apr |
| 9:55.10 | Anneke Gildenhuis | CG | 03-04-93 | 5 | Durban | 07-Apr |
| 10:05.36 | Lorissa Breedt | NW | 06-07-92 | 6 | Durban | 07-Apr |
| 10:06.58 | Thato Makhafola | CG | 10-04-94 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 10:09.10 | Annica Coetzee | EP | 10-02-92 | 7 | Durban | 07-Apr |
| 10:11.95 | Chante Venter | CG | 23-07-94 | 1 | Roodepoort | 21-Mar |
| 10:21.46 | B van Muller | NW | | 9 | Durban | 07-Apr |

5000 metres

Under 20

| | | | | | | |
|----------|------------------|----|----------|---|----------------------|--------|
| 17:26.17 | Elene Lourens | BO | 03-08-90 | 1 | Bellville | 21-Mar |
| 17:44.55 | Carlyn Fischer | GN | 27-09-90 | 5 | Stellenbosch | 04-Apr |
| 18:47.87 | Nadia Hecter | CG | | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 19:11.74 | Angelique Faasen | GN | | 3 | Pretoria (Absa-Tuks) | 27-Mar |

3000 metres steeplechase

Under 20

| | | | | | | |
|----------|---------------------|----|----------|---|----------------------|--------|
| 11:38.78 | Caroline Marandela | CG | 30-09-93 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 11:51.19 | Amokelani Baloyi | CG | 12-02-93 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 11:56.44 | Angelique Faasen | GN | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 12:12.41 | Lee-Anne Olivier | WP | | 6 | Stellenbosch | 03-Apr |
| 12:17.90 | Ailene Bezuidenhout | GN | | 4 | Pretoria (Absa-Tuks) | 28-Mar |

100 metres hurdles

Under 20 (84 cm)

| | | | | | | | |
|-------|------|------------------------|----|----------|---|----------------------|--------|
| 14.15 | -0.4 | Irmgard Bensusan | CG | 24-01-91 | 3 | Germiston | 06-Mar |
| 14.51 | 0.0 | Ansulet Potgieter | FS | 27-04-91 | 1 | Bloemfontein | 14-Feb |
| 15.36 | -1.0 | Karli Gey van Pittius | BO | 10-07-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 15.38 | -1.0 | Zanne-Marie Pienaar | GN | | 2 | Pretoria (Absa-Tuks) | 27-Mar |
| 15.56 | -1.0 | Via Janse van Rensburg | VT | 27-03-91 | 3 | Pretoria (Absa-Tuks) | 27-Mar |
| 16.17 | -1.0 | Leana Claasens | MP | | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 16.50 | -1.0 | Cherise du Buisson | CG | | 5 | Pretoria (Absa-Tuks) | 27-Mar |
| 16.59 | -1.0 | Shimonde Saayman | CN | | 6 | Pretoria (Absa-Tuks) | 27-Mar |

Hand

| | | | | | | | |
|------|-----|------------------|----|----------|---|-----------|--------|
| 13.9 | nwi | Irmgard Bensusan | CG | 24-01-91 | 5 | Germiston | 28-Feb |
|------|-----|------------------|----|----------|---|-----------|--------|

400 metres hurdles

Under 20 (76.2 cm)

| | | | | | | |
|-------|---------------------|-----|----------|-----|----------------------|--------|
| 60.22 | Anneri Ebersohn | FS | 09-08-90 | 6 | Stellenbosch | 27-Feb |
| 62.13 | Andrea Strauss | CN | 15-09-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 62.60 | Sanlie van de Brink | LIM | 03-05-91 | 2 | Durban | 07-Apr |
| 62.91 | Alix Moreillon | WP | 23-02-91 | 3 | Durban | 07-Apr |
| 63.63 | Megan Goddard | WC | 26-03-91 | 4 | Durban | 07-Apr |
| 63.95 | Mariesa de Winnaar | FS | 19-08-91 | 1 | Bloemfontein | 27-Feb |
| 64.02 | Danelle Greeff | VT | 18-12-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 64.27 | Alicia Steyn | WP | 19-11-90 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 65.13 | Claudeen Els | CN | 30-10-90 | 3h1 | Pretoria (Absa-Tuks) | 28-Mar |
| 65.95 | Hannerie Coetzee | CN | | 3h2 | Pretoria (Absa-Tuks) | 28-Mar |

High jump

Under 20

| | | | | | | |
|------|------------------|----|----------|-----|----------------------|--------|
| 1.70 | Zehanca Prinsloo | CG | 07-10-91 | 1 | Germiston | 28-Feb |
| 1.70 | Shannon Freeman | CG | 01-05-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 1.70 | Zanli Bloem | GN | | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 1.68 | Bianca Jantzen | GN | 09-06-90 | 1hp | Stellenbosch | 13-Mar |
| 1.65 | Bianca Erwee | FS | 14-03-90 | 8 | Potchefstroom | 23-Jan |
| 1.65 | Johanel Hugo | BO | 14-03-91 | 1 | Paarl | 21-Mar |
| 1.65 | Dianne Chapman | MP | 17-10-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 1.65 | Liza Esterhuyzen | WP | 05-09-91 | 1 | Parow | 11-Feb |
| 1.64 | Leandrie Botha | FS | 26-09-91 | q | Durban | 07-Apr |
| 1.63 | Tiffany Hattingh | VT | 07-04-91 | 4 | Durban | 07-Apr |

Pole vault

Under 20

| | | | | | | |
|------|-----------------|----|----------|---|----------------------|--------|
| 3.40 | Juanita Stander | BO | 02-02-90 | 3 | Stellenbosch | 11-Dec |
| 3.30 | Ané Niewoudt | BO | 28-07-90 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 3.10 | Mandi Maritz | EP | 12-07-90 | 5 | Stellenbosch | 04-Apr |
| 2.90 | Marike Jansen | FS | 07-05-90 | 6 | Stellenbosch | 04-Apr |
| 2.80 | Solize Vosloo | FS | 04-04-90 | 2 | Pretoria (Absa-Tuks) | 27-Mar |

Long jump

Under 20

| | | | | | | | |
|------|------|-------------------|-----|----------|-----|----------------------|--------|
| 6.07 | -0.4 | Lynique Prinsloo | CG | 30-03-91 | 4 | Germiston | 06-Mar |
| 6.07 | -0.9 | Monja Goosen | GN | 02-10-91 | 1 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.92 | -2.3 | Kelly Kingwell | CG | 22-01-91 | 2 | Stellenbosch | 04-Apr |
| 5.78 | -1.2 | Nicholeen McLaren | MP | 10-05-90 | 2 | Germiston | 21-Feb |
| 5.68 | -1.4 | Celeste Rietels | WP | 14-01-90 | 5 | Stellenbosch | 13-Mar |
| 5.60 | -0.7 | Danielle Fourie | CG | 11-06-90 | 4 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.55 | -1.1 | Mieneke Prins | WP | 14-05-91 | 7 | Stellenbosch | 13-Mar |
| 5.54 | 0.0 | Hannelie Kotze | LIM | 22-02-90 | 1hp | Pretoria (Absa-Tuks) | 28-Mar |
| 5.35 | -0.1 | Susanna Mafoa | GN | 01-11-91 | 7 | Pretoria (Absa-Tuks) | 27-Mar |
| 5.32 | -0.5 | Elzaan van Wyk | GW | | 8 | Pretoria (Absa-Tuks) | 27-Mar |

NWI

| | | | | | | | |
|------|--|-------------------|----|----------|----|--------------|--------|
| 6.10 | | Lynique Prinsloo | CG | 30-03-91 | 1 | Germiston | 03-Mar |
| 5.92 | | Kelly Kingwell | CG | 22-01-91 | 2 | Stellenbosch | 04-Apr |
| 5.86 | | Nicholeen McLaren | MP | 10-05-90 | 2q | Stellenbosch | 04-Apr |

Wind

| | | | | | | | |
|------|-----|-----------------|----|----------|---|----------------------|--------|
| 6.08 | 7.9 | Celeste Rietels | WP | 14-01-90 | 1 | Durban | 06-Apr |
| 6.01 | 3.7 | Monja Goosen | GN | 02-10-91 | 1 | Pretoria (Absa-Tuks) | 14-Feb |

Triple jump

Under 20

| | | | | | | | |
|-------|------|-------------------|----|----------|---|----------------------|--------|
| 12.44 | 0.7 | Kelly Kingwell | CG | 22-01-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 12.14 | 0.5 | Monja Goosen | GN | 02-10-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.88 | -0.3 | Bianca Erwee | CN | 04-03-90 | 7 | Pretoria (Absa-Tuks) | 30-Jan |
| 11.76 | 2.0 | Danielle Fourie | CG | 11-06-90 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.44 | 0.9 | Hannelie Claasens | MP | 02-04-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 11.30 | 1.4 | Elaine Mbhalati | MP | 28-08-91 | 5 | Pretoria (Absa-Tuks) | 28-Mar |
| 10.93 | -1.2 | Merike Jonker | WC | 07-03-91 | 2 | Durban | 07-Apr |

Wind

| | | | | | | | |
|-------|-----|-----------------|----|----------|---|--------------|--------|
| 12.17 | 2.5 | Danielle Fourie | CG | 11-06-90 | 4 | Stellenbosch | 03-Apr |
|-------|-----|-----------------|----|----------|---|--------------|--------|

NWI

| | | | | | | | |
|-------|--|--------------|----|----------|---|-----------|--------|
| 12.16 | | Monja Goosen | GN | 02-10-91 | 1 | Germiston | 03-Mar |
|-------|--|--------------|----|----------|---|-----------|--------|

Shot put**Under 20 (4 kg)**

| | | | | | | | |
|-------|--|-------------------|----|----------|---|----------------------|--------|
| 13.17 | | Elzaan Mostert | WP | 06-01-90 | 3 | Germiston | 31-Jan |
| 13.03 | | Allanah Crafford | NW | 19-07-91 | 1 | Durban | 07-Apr |
| 12.48 | | Nanke Supra | VT | 22-01-91 | 1 | Roodepoort | 21-Mar |
| 12.22 | | Sonia Smuts | CG | 05-10-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 12.02 | | Ruzel Vorster | FS | 05-12-91 | 3 | Durban | 07-Apr |
| 12.01 | | Lindie Liebenberg | EC | 22-02-91 | 1 | Bloemfontein | 16-Feb |
| 11.75 | | Gezelle Barnard | EC | 15-09-91 | 2 | Bloemfontein | 16-Feb |
| 11.55 | | Monique Vermaak | MP | 10-01-90 | 6 | Pretoria (Absa-Tuks) | 28-Mar |

Discus throw**Under 20 (1 kg)**

| | | | | | | | |
|-------|--|-----------------------|-----|----------|---|----------------------|--------|
| 47.99 | | Lindie Liebenberg | Bor | 22-02-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 42.64 | | Este van Staden | GW | 15-02-91 | 2 | Durban | 06-Apr |
| 40.89 | | Magda Erasmus | NW | 26-09-91 | 3 | Durban | 06-Apr |
| 39.80 | | Jacquette Wilsenach | FS | 17-10-91 | 4 | Durban | 06-Apr |
| 39.61 | | Tanya Joubert | MP | | 5 | Durban | 06-Apr |
| 36.95 | | Tshegofatso Sono | GN | 24-11-91 | 6 | Durban | 06-Apr |
| 35.91 | | Marizaan Bezuidenhout | GN | 28-10-91 | 7 | Durban | 06-Apr |
| 35.85 | | Nadia Botha | FS | 07-08-91 | 8 | Durban | 06-Apr |
| 34.44 | | Ruanlie Oosthuizen | SW | 02-04-91 | 1 | Paarl | 21-Mar |

Hammer throw**Under 20 (4 kg)**

| | | | | | | | |
|-------|--|----------------------|----|----------|---|----------------------|--------|
| 52.88 | | Marizette Badenhorst | FS | 07-06-90 | 1 | Bloemfontein | 27-Feb |
| 49.90 | | Nadia Botha | FS | 07-08-91 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 45.51 | | Anneke Louw | EP | 11-03-91 | 2 | Durban | 06-Apr |
| 44.74 | | Nanette Stapelberg | FS | 11-07-90 | 7 | Stellenbosch | 13-Mar |
| 44.56 | | Angeline de Franca | VT | 19-04-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 40.87 | | Marinda Louw | FS | 28-03-91 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 37.26 | | Elzaan Mostert | CG | 06-01-90 | 6 | Stellenbosch | 03-Apr |

Javelin**Under 20 (600 g)**

| | | | | | | | |
|-------|--|------------------|-----|----------|---|----------------------|--------|
| 55.83 | | Tazmin Brits | CN | 08-01-91 | 1 | Potchefstroom | 04-Mar |
| 50.77 | | Gezelle Bernard | Bor | 15-09-91 | 2 | Durban | 07-Apr |
| 50.01 | | Rencia Fourie | CN | 01-02-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 47.70 | | Leanke Steyn | FS | 30-10-90 | 1 | Bloemfontein | 14-Jan |
| 45.49 | | Allanah Crafford | NW | 19-07-91 | 3 | Pretoria (Absa-Tuks) | 28-Mar |

| | | | | | | |
|-------|-------------------|-----|----------|-----|----------------------|--------|
| 42.00 | Charlotte Olivier | GN | 26-11-91 | 1 | Pretoria (Absa-Tuks) | 24-Jan |
| 41.60 | Nicola Offner | BO | 23-02-90 | 1hp | Pretoria (Absa-Tuks) | 28-Mar |
| 40.59 | Annene Brand | NC | 10-05-91 | 4 | Durban | 07-Apr |
| 40.37 | Alma du Plessis | MP | 17-04-91 | 6 | Pretoria (Absa-Tuks) | 28-Mar |
| 38.51 | Vone de Lange | LIM | | 6 | Durban | 07-Apr |

Heptathlon

Under 20

| | | | | | | |
|-------|----------------|-----|--------|---|--|---------|
| 4 523 | Bianca Jantzen | GN | 090690 | 1 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 16.22 (2.6), 1.68, 10.45, 27.06 (-1.1); 5.24 (0.4), 27.35, 2:30.49 | |
| 4 404 | Hannelie Kotze | LIM | 220290 | 3 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 15.20 (2.6), 1.50, 8.70, 26.22 (-1.1); 5.54 (0.0), 30.46, 2:42.18 | |
| 4 033 | Nicola Offner | BO | 230290 | 4 | Pretoria (Absa-Tuks) | 27-28/3 |
| | | | | | 18.63 (2.6), 1.55, 10.92, 28.08 (-1.1); 4.81, 41.60, 2:45.68 | |

4 x 100 metres relay

Under 20

| | | | | | | |
|-------|------------------|--|--|---|----------------------|--------|
| 48.31 | Gauteng North | | | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 48.52 | Western Cape | | | 1 | Durban | 07-Apr |
| 48.70 | Western Province | | | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 48.73 | Eastern Cape | | | 2 | Durban | 07-Apr |
| 48.73 | SA Jnr Team | | | 3 | Bambous | 01-Aug |
| 49.20 | Free State | | | 3 | Durban | 07-Apr |
| 49.49 | Central Gauteng | | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 49.76 | Eastern Province | | | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 49.77 | North West | | | 5 | Pretoria (Absa-Tuks) | 28-Mar |

4 x 400 metres relay

Under 20

| | | | | | | |
|---------|------------------|--|--|---|----------------------|--------|
| 3:45.80 | Gauteng North | | | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:49.93 | North West | | | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:50.00 | Central Gauteng | | | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 3:52.61 | Eastern Province | | | 1 | Durban | 07-Apr |
| 3:53.59 | Gauteng | | | 2 | Durban | 07-Apr |
| 3:54.35 | North West | | | 3 | Durban | 07-Apr |
| 3:56.03 | Western Province | | | 3 | Pretoria (Absa-Tuks) | 28-Mar |

3000 metres walk

Under 20

| | | | | | | |
|----------|-------------|----|----------|---|--------------|--------|
| 14:41.80 | Corli Swart | FS | 05-03-91 | 1 | Bloemfontein | 24-Jan |
|----------|-------------|----|----------|---|--------------|--------|

10000 metres walk

Under 20

| | | | | | | |
|-----------|--------------------|-----|----------|---|----------------------|--------|
| 51:25.29 | Corli Swart | FS | 05-03-91 | 1 | Pretoria (Absa-Tuks) | 28-Mar |
| 59:44.39 | Suzanne Liebenberg | NW | 25-09-90 | 2 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:01:03.0 | Sumarie Maree | NW | 25-10-92 | 3 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:02:12.0 | Bianca Swanepoel | BOL | 24-07-91 | 4 | Pretoria (Absa-Tuks) | 28-Mar |
| 1:03:59.0 | Wendy Pretorius | CNW | 26-03-91 | 3 | Durban | 07-Apr |
| 1:04:28.0 | Jeanette Linde | FS | 02-10-91 | 4 | Durban | 07-Apr |
| 1:05:43.0 | Mariska Botha | BOR | | 6 | Pretoria (Absa-Tuks) | 28-Mar |

